

# Instant Pot Chili

Pressure Luck Cooking

January 17, 2022



## 1 Introduction

This dish is essentially a hearty ground beef stew that has hints of southwestern flair to it while remaining completely subjective based on the geography in which its created (beans vs. no beans; spicy vs. mild and so on). So, basically, there is no right (or wrong) way to make this classic Americana dish.

### 1.1 Timing

Prep Time	Cook Time	Total Time
5 minutes	28 minutes	33 minutes

## 2 Directions

1. Dice 1 medium yellow onion

2. Dice **1 large or 2 small green bell peppers**
3. OPTIONALLY dice 1 jalapeno
4. Add **1/4 stick or 2 tablespoons of butter** into pot and **saute on more or high setting**
5. Add **onions and diced peppers** into pot when butter is melted for 5 minutes or until soft
6. Add 1-1.5 lbs of ground meat into pot and cook/crumble/mix until almost cooked
7. Add **14oz can of diced tomatoes**
8. Add **10oz can of rotel diced tomatoes and green chilis**
9. Add **1 8 can of tomato sauce**
10. Add **1 tablespoon of hoisin sauce**
11. Add **1/4 cup of taco sauce**
12. Add **1 teaspoon of Worcestershire sauce**
13. Add **1/2 teaspoon of salt**
14. Add **1 teaspoon of Italian seasoning**
15. Add **2 tablespoons of cumin**
16. Add **0.5 tablespoons of cayenne/chili powder**
17. Add **2 teaspoons of some flavored salt**
18. Add **1 teaspoon of taco or creole seasoning**
19. Add **2 15oz cans of beans, drained and rinsed** ontop of ingredients in pot (Not touching the bottom)
20. Add Secure instant pot lid and seal
21. Add Pressure cook for 5 minutes
22. Add Quick release/depressurize
23. Stir and let cool for 10-15 minutes before serving
24. OPTIONALLY add 4 tablespoons of better than bullion chili base

## References

- [1] Tasty Lazy Cooking (2020) *CANADA INSTANT POT CHICKEN CONGEE — 1 HOUR MEAL — ASIAN COMFORT FOOD — DAIRY FREE, GLUTEN FREE*